

2021 Junior Olympics – Assigned Warm-up Times for Teams

Warm-up Procedure: *NO Equipment permitted. Swimmers must enter the water FEET FIRST.*

Prelims **Friday & Sunday - - - Competition Pool 1**

Session “A”– 7:00 AM – 7:35 AM - General Warm-up Competition Course

Session “B”– 7:35 AM – 8:10 AM - General Warm-up Competition Course

Swimming and Pulling only, Push Off, No Racing Starts, No Sprinting or Pace Work.

Sessions “A” & “B” – 8:10 AM–8:25 AM – Controlled Warm-up procedure will be followed.

Prelims **Saturday - - - Competition Pool 1**

Session “B”– 7:00 AM – 7:35 AM - General Warm-up Competition Course

Session “A”– 7:35 AM – 8:10 AM - General Warm-up Competition Course

Swimming and Pulling only, Push Off, No Racing Starts, No Sprinting or Pace Work.

Sessions “A” & “B” – 8:10 AM–8:25 AM – Controlled Warm-up procedure will be followed.

Controlled Warm-up Procedures:

Lane 1 Pace, 50 and 100 Circle Swim, Push Off

Lane 2 Racing Starts, 50 Meter One Length (West End)

Lane 3 Swimming and Pulling, Push Off

Lane 4 Swimming and Pulling, Push Off

Lane 5 Swimming and Pulling, Push Off

Lane 6 Swimming and Pulling, Push Off

Lane 7 Racing Starts, 50 Meter One Length (East End)

Lane 8 Pace, 50 and 100 Circle Swim, Push Off

Finals **Competition Pool 1** – Finals Warm-up: **No split session**

4:00 PM to 4:45 PM – General warm-up – See above.

4:45 PM to 5:25 PM – Controlled warm-up – See above.

Pool 2 will be available for General Warm-up throughout the meet.

**Meet director reserves the right to change meet warm-up and start times in order to hold an efficient meet within USA Swimming/FGC guidelines and with Age Group Chair approval.*

Warm-up – Session “A” – Teams

North Palm Beach Swim Club, Wahoo’s of Wellington, **Boca Raton Swim Team**, Pompano Beach Piranhas, **St. Andrew’s Aquatics**, Pine Crest Swimming, **Swim Fast**, Flood Aquatics Swim Team, **Coral Springs Swim Club**, Swim Ft. Lauderdale, **Sunrise Swimming**, TS Aquatics, **Lake Lytal Lightning**, Jupiter Dragons Swim Team, **Martin County Swimming**, East Coast Aquatic Club.

Warm-up – Session “B” – Teams

South Florida Aquatic Club, Tsunamis Swim Team, **City of Miami Swim Team**, Florida Keys Swim Club, **Metro Aquatic Club of Miami**, Blue Marlins of Hialeah Garden, **Cooper City Cyclones Swim Team**, Gulliver Swim Club, **Miami Swimming**, North Miami Swim Team, **Azura Florida Aquatics**, Atlantis Swimming Club, **Hurricane Aquatics**, Eagle Aquatics, **Ransom Everglades Aquatic Club**, Miami Country Day Aquatics, **Midtown Weston Aquatics**, Shelton Doral Swim Team, **Bravo**.